

**TRACEN Petaluma CACFP WEEKLY- CHILD MENU (1-12 years)**

**Week/Month:** \_\_\_\_\_ **Cycle Week: A Spring/Summer** **REVIEWED BY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

	Under 3	3 to 5	6 to 12	MEALS	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>¼ CUP</b>	<b>½ CUP</b>	<b>½ CUP</b>	<b>Fruit, Juice or Vegetables</b>	Apples	Pears	Strawberries	Oranges	Bananas
	<b>¼ CUP or ½ Slice</b>	<b>1/3 CUP or ½ Slice</b>	<b>1/3 CUP or ½ Slice</b>	<b>Cereal, Bread or Alt</b>	Pancakes w/ syrup	Cheerios	Waffles w/ syrup	English Muffins w/ butter	Biscuits w/ butter
	<b>½ Cup</b>	<b>¾ Cup</b>	<b>1 Cup</b>	<b>Fluid Milk</b>	MILK	MILK	MILK	MILK	MILK
					Bean Burritos (USDA D21A)	Sandwiches	Chicken Veggie Soup (USDA H11B)	Mac & Cheese w/ Ham (USDA D20A)	Tuna Salad (USDA F11)
<b>LUNCH</b>	<b>1 Ounce</b>	<b>1½ Ounces</b>	<b>2 Ounces</b>	<b>Meat or Meat Alternate</b>	Shredded Cheese	Sliced Roast Beef/Sliced Cheese	Diced Chicken	Diced Ham	Tuna
	<b>1/2 Slice</b>	<b>1/2 Slice</b>	<b>1 Slice</b>	<b>Bread or Alternate</b>	Whole Wheat Tortilla	Whole Wheat Bread	Saltine Crackers	Whole Wheat Pasta	Whole Wheat Pita
	<b>¼ CUP TOTAL</b>	<b>½ CUP TOTAL</b>	<b>¾ CUP TOTAL</b>	<b>Vegetable</b>	Pinto Beans	Green Salad	Mixed Vegetables	Broccoli	Carrots
	<b>¼ CUP TOTAL</b>	<b>½ CUP TOTAL</b>	<b>¾ CUP TOTAL</b>	<b>Fruit</b>	Apricots	Oranges	Peaches	Apple Sauce	Mixed Fruit
	<b>½ CUP</b>	<b>¾ CUP</b>	<b>1 CUP</b>	<b>Fluid Milk</b>	MILK	MILK	MILK	MILK	MILK
<b>AFTERNOON SNACK</b> (Select 1 each from 2 different food groups)	<b>½ CUP ½ Ounce ½ Slice ½ CUP</b>	<b>½ CUP ½ Ounce ½ Slice ½ CUP</b>	<b>¾ CUP 1 Ounce 1 Slice 1CUP</b>	<b>Fruit, Juice, or Vegetable Meat or Alternate Bread or Alternate Fluid Milk</b>	Animal Cookies & Pineapple	Oatmeal Muffin (USDA A16) & Milk	Blueberries & Yogurt	Graham Cracker & Milk	Cheese Rollup

**USDA-CACFP Non-Discrimination statement: The benefits of the Child Care Food Program are available to all enrolled children at no separate charge without regard to race, color, national origin, gender, religion, age, disability, or political beliefs, and that anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW, Washington, DC 20250-9410 or Call 202-720-5964.**